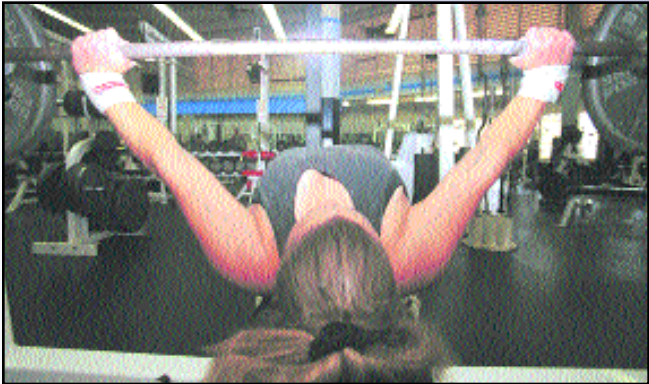
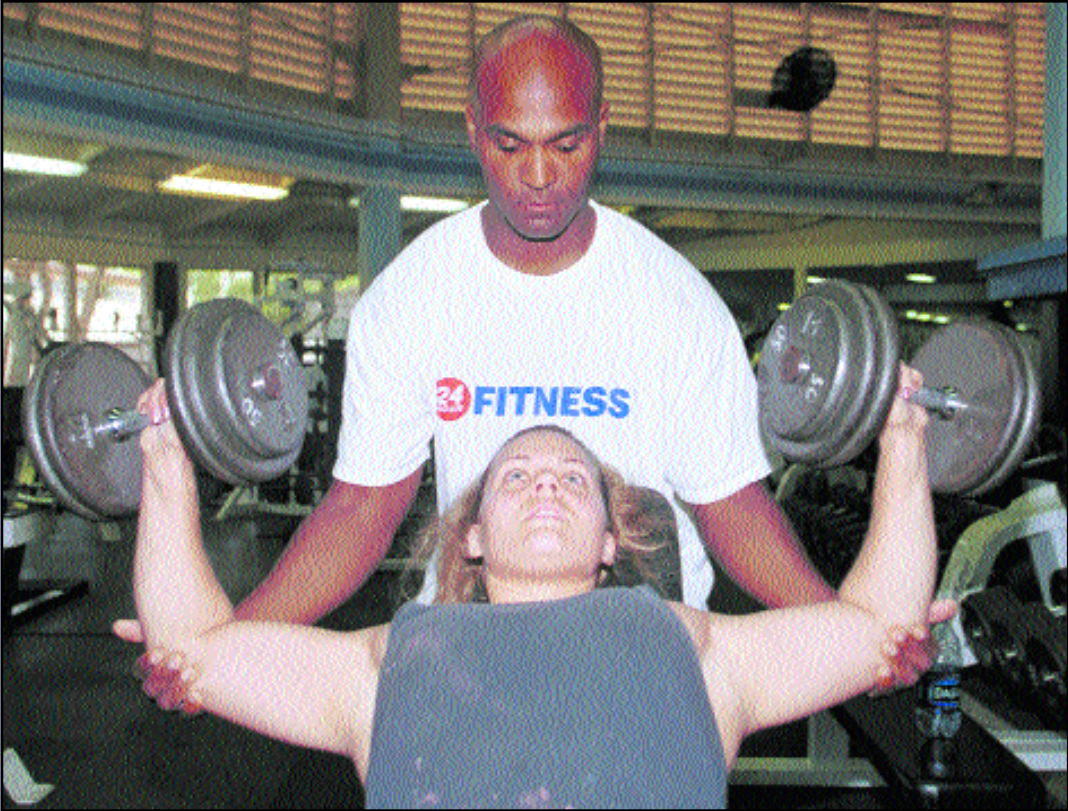


Liberty Call

Sailor presses to world records



DC2 Rebecca Plant workout in the Bloch Arena Fitness Center gym. Plant, who has been working out seriously for almost two years, holds two world records and six state records in bench pressing.



Top: Kenneth Spencer, DoD police officer, spots DC2 Rebecca Plant at Bloch Arena Fitness Gym as she does one of her daily workout routines.

Above: Plant assures her hands are in proper form before she prepare to bench press the barbell.

Right: Plant places her security badge on her uniform as she prepares for a day of work as a guard at the Naval Brig on Ford Island.



‘Plant’ed firmly in the gym: Local Sailor’s priority is bench pressing

Damage Controlman 2nd Class Rebecca Plant is not your average Sailor. As many Sailors strive to be physically fit, Plant makes it a priority and it has paid off. Plant holds six state records and two world records in bench pressing, benching up to 231 pounds - far more than her body weight which varies between 148 and 154 pounds. Plant, a Cowley, Wy. native joined the Navy more than five years ago. After serving aboard USS Willamette (AO 180), which was decommissioned in April 1999, she reported to the Naval Brig on Ford Island where she works as a guard. Plant also attends Chaminade University full-time and is pursuing a Bachelor of Science degree in Criminal Justice. Onboard the Willamette, Plant was determined to lose some weight, so she hit the gym. After working out for a while she was approached in the gym and asked if she would like to compete. Not really thinking this would be the pivotal change in her life, Plant filled out an application and went on to her first competition. She took first place and that opened the doors to what has become a life-changing experience. “My life-style has changed a lot,” said Plant. “I’m a lot more conscious of what I eat and what I drink. My thoughts of the Navy PRT standards have changed a lot too.” Plant’s rate requires physical readiness and the ability to respond to a situation quickly. She feels that Sailors, whether male or female, need to stay in shape to do the job, especially if they are going to be on a ship where response time is critical. “We had to practice fighting shipboard fires during training exercises. We had to

suit up and go down as many as five decks,” said Plant. “At first I couldn’t really do it, I would sweat a lot and get out of breath quickly. But after I started working out I had no problem at all.” “It was a matter of endurance for me,” said Plant. “I’ve always been pretty strong. When you have a lot more confidence in your strength you can conquer things easier.” Plant says she has been lifting seriously for about a year-and-a-half, but in that short period of time she has taken six state records and two world records. She holds the Women’s Law Enforcement and Fire Division world record and set the Juniors Womens Open world record in Reno, Nevada in Nov. 2000 where more than 600 lifters from 11 different countries participated. All are drug-tested competitions and are very strict on the equipment, according to Plant. Plant lifts seven days a week anywhere from an hour-and-a-half to two hours a day and does cardiovascular workouts five days a week. “Only one percent of women can lift their own body weight and its not a matter of women can’t do it, its a matter of they don’t do it,” said Plant. “If you ask me why they don’t do it, it’s because it’s not socially acceptable and they think if they lift heavy they are going to get big, but that is wrong.” “The more muscle you have the tighter you are going to be. If you take 10 pounds of meat verses 10 pounds of marshmallow, the meat is going to be a lot smaller then the size of the marshmallows,” stated Plant. To sum up her accomplishments Plant said, “It’s a matter of how bad you want something.”



Left: Plant claps the chalk off her hands before she does her routine on the bench press. Plant uses chalk and wrist straps to ensure a better grip and support.

Below: Plant poses in front of the Naval Brig sign, where she works as a guard. Displayed with her are some of the trophies she has won in her many bench presses competitions. Plant holds six state records and two world records in bench pressing.



Story and photos
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